

# REGENERART

RESILIENCE AND HOPE

## COLLABORATORS

ADAM LUCY | ALEXANDRA CIUFUDEAN | ALICIA MONEDERO | DANIELLE WIDJAJA | DARRELL URBAN BLACK  
DAWN FINCHAM | EMILY MUSGRAVE | FULBAHAR BEGUM | HELEN ROLFE | JAMES PADDOCK  
JENNIFER LOPEZ-RATEIKE | JENNY NASH | JULIANA LAULETTA | KELLY WU | LAURA ANDREWS | LETÍCIA LIMA  
LEWIS ANDREWS | MICHELLE OWOO | MICHELLE RINOW | NINA CASPARI | PAUL BLENKHORN | PETUNIART  
PYBUS | SALLY SPINKS | SONIA BEN ACHOURA | SUNAINA KHANDLWAL | TERI PURCELL

CURATED & PUBLISHED BY JULIANA LAULETTA | EDITED BY ALEXANDRA CIUFUDEAN

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Lewis Andrews | Michelle Owoo | Michelle Rinow | Nina Caspari | Paul Blenkhorn | PetuniArt  
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# INTRODUCTION

Art heals. Researchers have found that the mere act of appreciating creative works can boost the immune system.

But we already knew this. For thousands of years art has served as comfort, relief and solace. It is a catalyst for positive change, promoting healing and personal growth. Through art we can raise awareness, connect to a higher purpose and bring meaning to our chaotic lives.

For a long time, humans have been haunted by the idea of The End Times. Hollywood took advantage of this fascination, bombarding us with all sorts of Apocalyptic scenarios, from nuclear weapons to zombie attacks.

And yet, nothing could have prepared us for the invisible threat of Covid-19. We had no way of knowing how it would make us crumble, lost and scared for the future.

However the pandemic has affected your life, in ways big or small, one of the hardest parts is preserving hope. It can be very easy to get lost in destructive thoughts and wallow in anguish.

To prevent myself from doing that, I decided to invite a number of fellow artists to share their works and stories about hope and resilience. Creating art, we sometimes shed light on aspects that may otherwise go overlooked. And now more than ever, we need new sources of inspiration to help us cope with these adversities.

I hope the stories in this book serve as a reminder that, even when things get bleak, it is possible to recover. Difficult times can be an opportunity to remake oneself and emerge even stronger than before.

I believe we can regenerate through art: RegenerART.

Juliana Lauletta

SPRING BLOSSOMS I - Laura Andrews



# SPRING BLOSSOMS I

Oil on canvas

I lost my sixteen-year-old son five years ago, in the spring.

Afterwards, I continued to paint, as I found it relieved me of some of the pain. I felt this painting in particular expressed my faith in life - how the beautiful, colourful spring blossoms were still coming, no matter how dark the world seemed to me at the time.

I am an optimistic person. I tend to point out to my friends, when they are in a dark place, that there is also light and colour. They just cannot see them, because they are not looking for them. We all interpret things differently, and I believe that it is not necessarily what we have been through that determines our future, but how we deal with that.

When being told I only see the bright side, I point out that in my artworks, there are always some very dark places, but also light and bright ones, too. I just concentrate on these!



## LAURA ANDREWS

[www.lauraandrewsart.co.uk](http://www.lauraandrewsart.co.uk)

I have painted since the age of ten and my work is strongly influenced by my background in fashion and interior design.

I have always loved using oils and developed a passion for pastels during the last few years.

SPIRITS OF NATURE (CACTUS) - Jennifer Lopez-Rateike



# SPIRITS OF NATURE (CACTUS)

Acrylic and enamel paint on canvas

To my brother, a source of encouragement:

Another early morning  
Another late night  
We learnt and we laughed  
I felt a different person through those doors  
Alien hospital times  
The unspoken silence.

Alphabet boards in intensive care  
My dad wrote it down,  
thirst and chocolate craves

Life held in suspension  
and in subsonic silence.

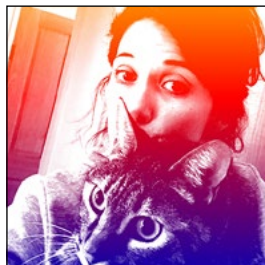
Yearning for a kind of peace,  
I felt a different person through those doors  
Fate and chance  
Another early morning,  
another late night  
Alien hospital times  
The unspoken silence.

A fortress built on inexhaustible love  
and incredible strength.  
Our mum, her sleepless nights  
will forever sparkle in our nights

We learnt and we laughed.  
One of the best things I ever had  
Here is to another chance,  
and surpassing your absence, is  
your smile.

We did not win the battle, but we learnt. I learnt  
that physical distances don't always bring us apart  
and that acceptance is essential to the human soul.

In this painting, I am honouring the small and simple  
joys in life. Cacti grow under rough conditions in  
desert climates. Yet their fruit, the prickly pear, is  
packed with sweetness and seeds.  
They possess the magical, yet natural and  
extraordinary, beauty of resilience.



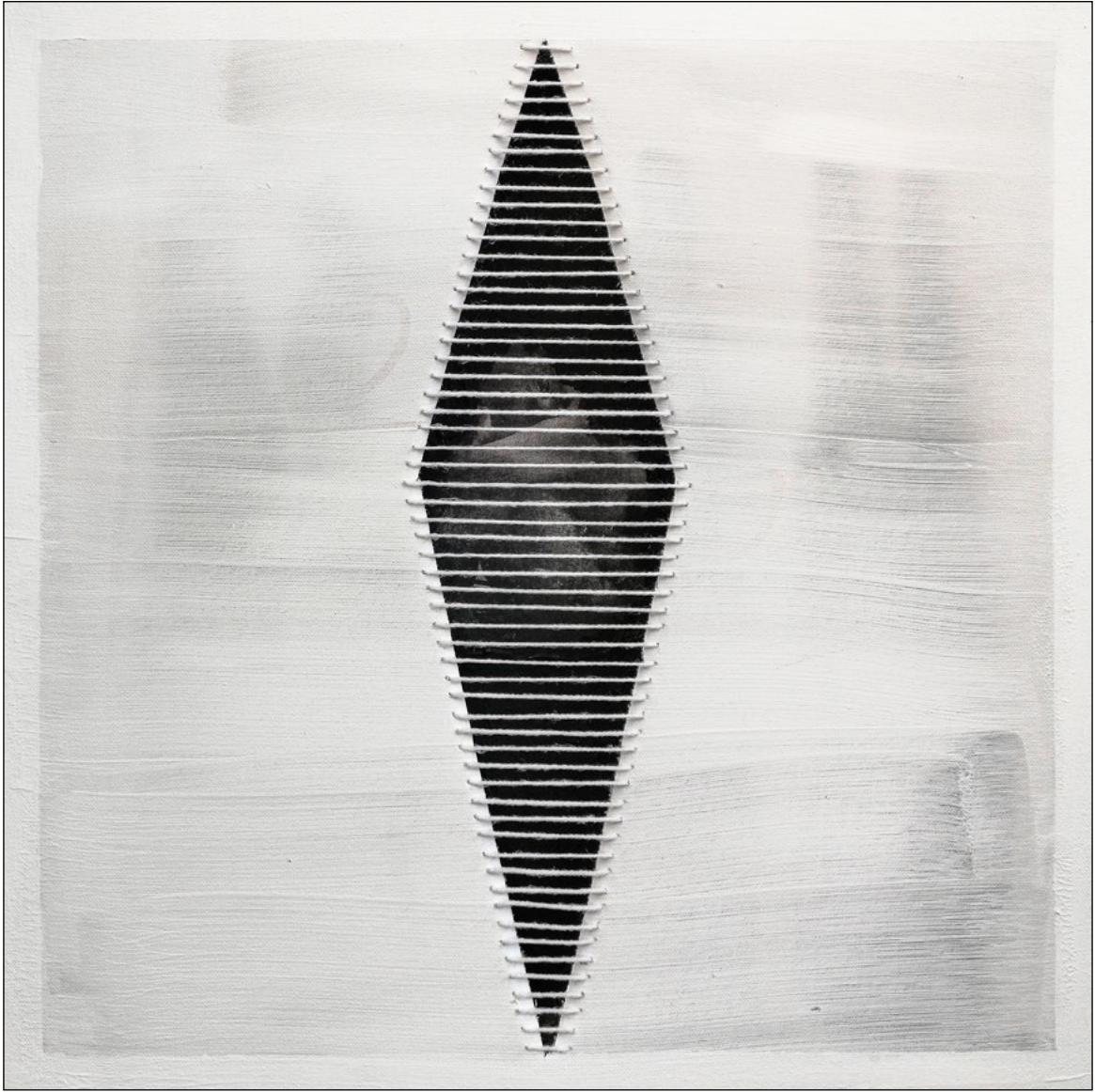
## JENNIFER LOPEZ-RATEIKE

Instagram: [@jen.lorateike](https://www.instagram.com/jen.lorateike)

My work is influenced by intuitive art, psychology, alchemy and the natural elements, the uncanny and the remote. Drawing from the surreal and ritualistic roots of my Mexican cultural heritage, I aim to evoke a dreamy mental space of reflection. My work aims to bring together the imperceptible, the material and the ephemeral.



CLOSURE (UNACCUSTOMED TO THE LIGHT) - Adam Lucy



# CLOSURE (UNACCUSTOMED TO THE LIGHT)

Yarn, ink, acrylic, photographic transfer on canvas and linen

14:30hrs April 25th 2017 is the date and time my world fell apart.

The news reached me that my best friend and twinned soul had been found floating in a river near his home. A wave of utter despair and sorrow crashed into me, sweeping away everything I had held constant and true in my life so far. Grief overwhelmed me. For months I felt numb, would sob without warning when certain songs played on the radio and felt as if my world was no longer real, my anchor had been severed.

Art saved my life.

As time passed, my artistic practice became a journey of introspection, an intense unpacking of emotion, feelings and thoughts around grief, loss and memory. I was able to put into tangible imagery and words what had before seemed as ethereal as smoke. The process of laying myself bare was painful. Often, I would detest the sight of work I had made, its psychic residue too intense and raw. Over time, however, I created a body of work encapsulating 3 years of reflection and ended this period recently with this piece -- 'Closure'.

Exposure was a necessary release. Closure, a conscious choice.



## ADAM LUCY

[www.alucyart.com](http://www.alucyart.com) | Instagram: [@alucyart](https://www.instagram.com/alucyart)

I am a self-taught, mixed media artist and poet based in London. My passion for photography has evolved into an artistic process incorporating many different kinds of media. I have published a number of poetry books and enjoy hosting free workshops to inspire others to write as well.

WHITE NIGHT - Nina Caspari



# WHITE NIGHT

Photography, photo collage

A light night.

'White Night' is a metaphor of staying strong in the darkest hours. Without the dark we would never be able to see the stars.

Even when life gets tough sometimes, I trust that it is going to get better. Even better than before.

As the darkest hour is just before the dawn.

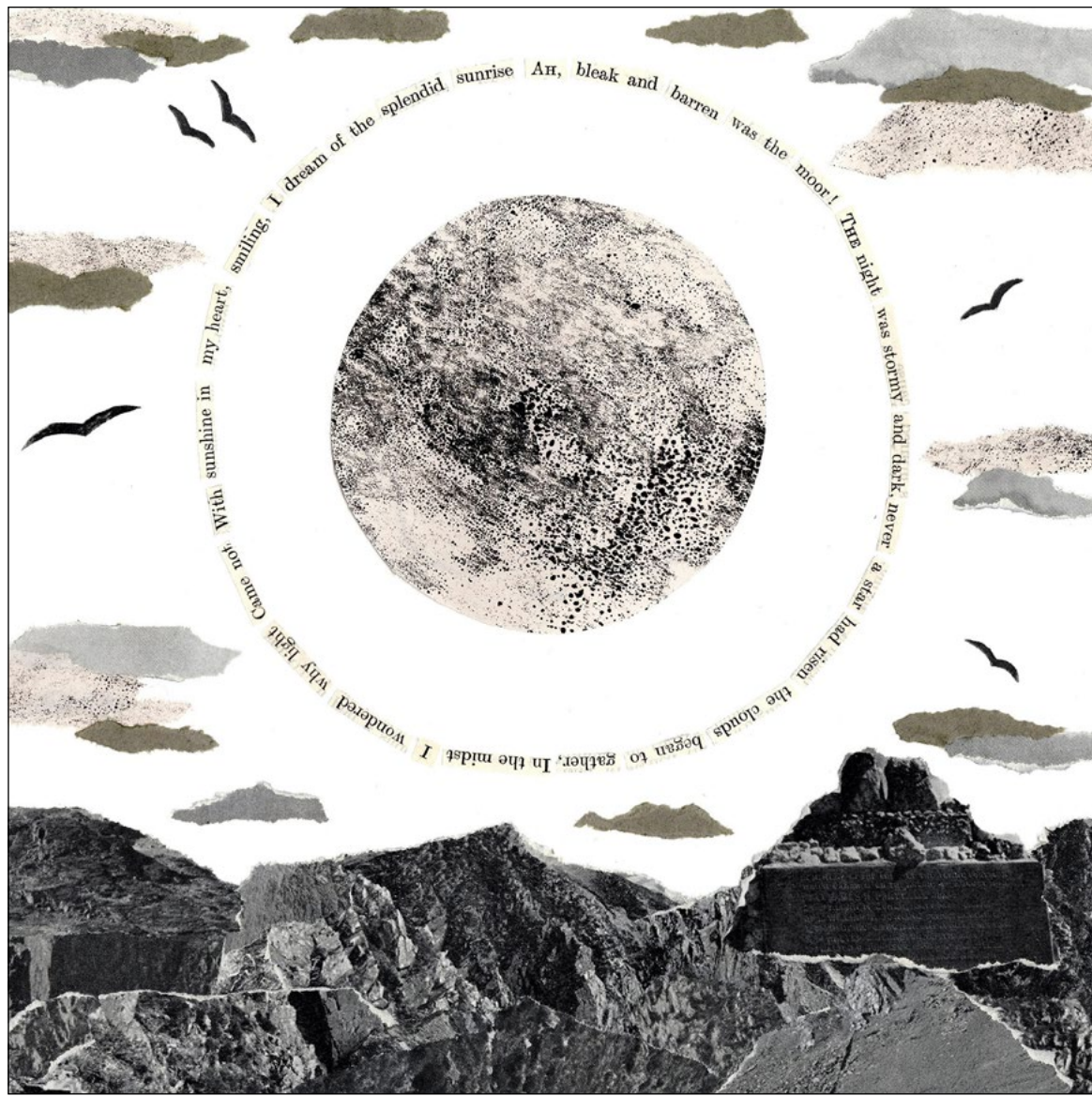


## NINA CASPARI

[www.ninacaspari.com](http://www.ninacaspari.com) | Instagram: [@audiovisualpoetry](https://www.instagram.com/audiovisualpoetry)

I am a film director and photographer with a background in costume design. In my art I combine my passions - fashion, film and photography. I tell my stories in highly visual and staged ways using the stylisation of poetry as visual translation ~ AUDIOVISUAL POETRY.

Women's sensibility and empowerment are the key aspects of my work.



# THE MOOR

Collage

When the Moon is high in the night sky, I often find myself gazing across the void between us. Whilst bathing in her glow, a newfound strength builds up inside me. Some find the expanse overwhelming, but for me, it's a comforting reminder of how minuscule we are in comparison to it all.

Bones chatter at the thought of death, while she peers down on us with her pale, wry face. Restless and sleepless nights are prevalent when her celestial body is at its fullest.

During these anxious hours (moments full of sweat, tears and loathing) I find tranquility in reminding myself what the orb of night signifies to me. That once, we were stars, and one day, shall be stars again.



## PETUNIART

[www.petuni.art](http://www.petuni.art) | Instagram: [@petuniart\\_](https://www.instagram.com/petuniart_)

I am an artist based in London, who works primarily with illustration and book-binding. I use a delicate and mindful approach to portray aspects of the natural world and address growing concerns about the climate crisis. I advocate for a more environmentally conscious mind-set towards the Earth.



# YOUR LIFE IS YOUR OWN

Digital and mixed media on canvas

My parents split when I was 13. During my mid to late teenage years, my mum fell in love with a new guy. She was happy until she noticed him getting increasingly controlling. He soon became violent. Her life was not her own anymore. My mum stayed in the relationship for 5 years. She should have got out right at the start, but she lived in fear. She believed him when he said he would change.

When things became unbearable, she finally ran. She managed to seek help and found refuge. It was the best choice she has ever made. I know it must have been incredibly hard for her to take that step, given what was at stake, but that day she finally built up the courage to take her life back.

I am so proud of my mum. She has shown me how strong and resilient one person can be and that, if you believe in yourself, anything is possible.

Most abusers are weak and feed on others' strength. Don't let them – your life is your own. Covid-19 has made it even harder for those living with an abuser, but help is still out there.

I hope you find your way.



## DAWN FINCHAM

[www.dawnfincham.com](http://www.dawnfincham.com) | Instagram: [@dawn.fincham](https://www.instagram.com/dawn.fincham)

My work has always been about encouraging the viewer to look, and then look again. I like to merge hand drawn images with digital graphics to illustrate my interpretation of the world around us, and use a vivid colour palette to hide some of the darker meanings. I love the idea that each painting consists of many layers. Every time you revisit, you gain a different perspective.





# MIGRANT MOTHER TRIBUTE #2

Digital collage

Just before the lockdown, I visited a Dorothea Lange exhibition (at MoMa) and saw her monochrome photograph, 'Migrant Mother', taken in 1936 during the Great Depression.

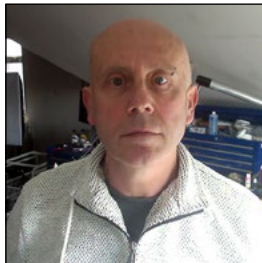
This portrait of poor migrant worker Florence Owens Thompson and her children shows the desperate situation people faced during the Great Depression. I found it an inspiring display of human resilience in such difficult times.

Florence Thomson died in 1983, aged 80. Her gravestone read: 'FLORENCE LEONA THOMPSON Migrant Mother – A Legend of the Strength of American Motherhood.'

My work is a manipulated version of the photograph which I hope stands as a tribute to Dorothea Lange, migrants, and mothers.

The text in the artwork comes from 'mother' in different languages and dialects.

*This submission is a cropped (to square) version of the artwork.*



## PAUL BLENKHORN

[www.sensoryarthouse.com](http://www.sensoryarthouse.com) | Instagram: [@sensoryarthouse](https://www.instagram.com/sensoryarthouse)

I am a Manchester artist who has been working in the field of computer-based sensory stimulation since the 1980s. I am interested in the light and colour of forms and the objects around them.

My practice has expanded into two new areas: abstract, non-representational painting and digital works focusing on significant personal memories.

HOPELESS V HOPEFUL - Fulbahar Begum



# HOPELESS V HOPEFUL

## Photography

Never in my life did I think I would be in isolation, aging and withering without the love of my family and friends. The world became cold in the spring of 2020, and hopeless. How do I turn it around?

Approaching week 3: I saw mum through the glass window. Phone call on Facetime the next day. I might not sleep before I see her on Facetime again, but there is hope.

Ramadan started in the last weeks of April, bringing faith, the only hope. Reflect, repent and change, internally.

I look better. Fasting. Praying.

Family and friends sending food and gift packages. Yes, there is hope again.



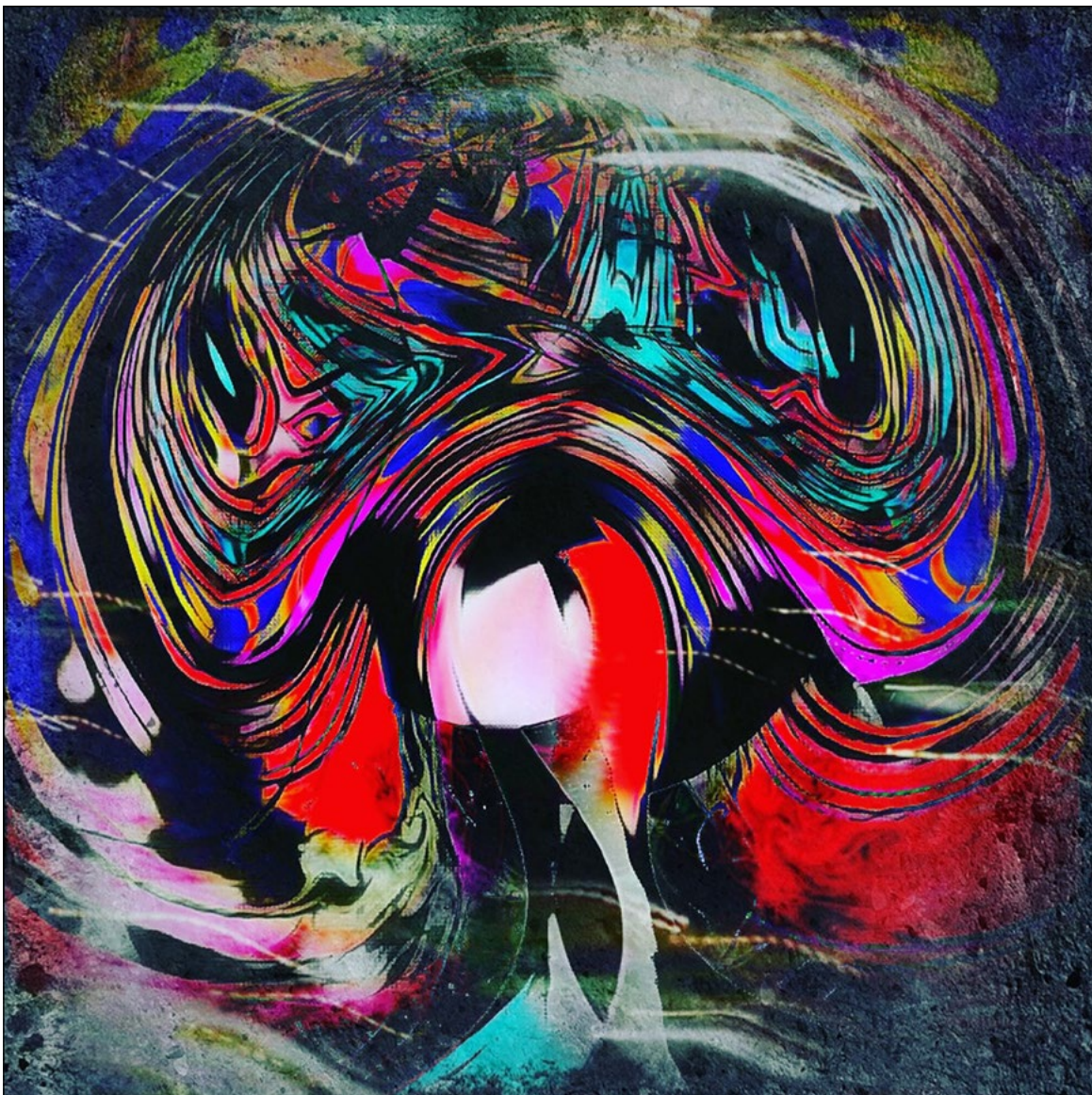
## FULBAHAR BEGUM

Instagram: [@fullyalibegum](https://www.instagram.com/fullyalibegum)

I am an author, poet and entrepreneur. I am director of a social enterprise, charity fundraiser and community activist.

I'm family-orientated, friendly and always on the hunt for new opportunities.

COLLECTIVE MEMORIES OF A HUMAN KIND: THE TREE OF NOITULOSBA - Pybus



# COLLECTIVE MEMORIES OF A HUMAN KIND: THE TREE OF NOITULOSBA

Digital painting

I wanted to create something that was very personal to me. This tree represents hope and is dedicated to my nana who has dementia and lives in a care home. Not being able to see her during lockdown is very upsetting and hard for me and my family, as she is the one who keeps us laughing and happy.

But there is always hope, a light at the end of the tunnel, and I know we'll see her soon. Most of us can relate to not seeing our loved ones in these uncertain times. However, we need to be strong for ourselves and for each other.

So, I'll be thinking about her, all the time, until the end of lockdown, when the family tree can be whole again.



## PYBUS

[www.pybusart.net](http://www.pybusart.net) | Instagram: [@pybusart](https://www.instagram.com/pybusart)

I am a self taught artist from the North-East. I'm fascinated and inspired by all kinds of art, especially abstract and contemporary. I try to reflect that in my work.

My inspiration can come from anywhere, even from places that are not art-related at all.

THE CLOUD PETAL - Emily Musgrave



# THE CLOUD PETAL

Digital collage

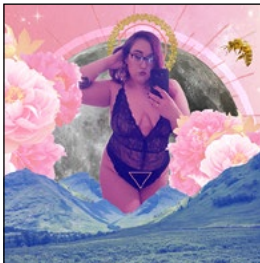
My Grandmother has lived through many things.

She survived them all because she managed to stay blissfully unaware of the consequences of world events.

At the age of 95, she caught Covid-19.

Luckily, she only suffered with a fever and again evaded tragedy.

She still has all her teeth, and her naivety.



## EMILY MUSGRAVE

[www.undertheearthhouse.com](http://www.undertheearthhouse.com) | Instagram: [@undertheheart](https://www.instagram.com/undertheheart)

I am a surrealist collage and photomontage artist, currently based in SW London, but originally from Yorkshire.

I studied Fine Art and went on to gain an MA in Curating. My work is heavily inspired by the aesthetically absurd.



LOVE THY SELF - Danielle Widjaja



# LOVE THY SELF

Oil on canvas

## Self Love

In these uncertain times, you must love thyself.  
This is the perfect time to get to know who you really are, find your talent, be creative and be there for yourself.

In busy times, we tend to forget ourselves.  
This is the time to tune into the self, meditate and find out what makes us happy from within.

## Happiness

Happiness comes from within

A feeling of safety, being lovable,  
Enjoyment, excitement  
Flows through my body and it is  
Secured

Happiness comes from within

A feeling of laughter, contentment,  
Independence, freedom and healthy boundaries  
Flows through my body and it is  
Secured

Happiness comes from within

Being your higher self, spiritual, being  
High value and making real connections  
Flows through my body and it is  
Secured  
Happiness is me!



## DANIELLE WIDJAJA

[www.misswidjaja.com](http://www.misswidjaja.com) | Instagram: [@misswidjaja](https://www.instagram.com/misswidjaja)

I am Danielle, a self-taught artist and blogger living in London.  
Expressing myself in art is like therapy. I love working with oil paints.  
This painting was created during and inspired by my journey to self-love.  
It is an everlasting path to the soul by finding what makes you happy within.



# TRANSFORMING TOUCH

Knitted textiles (silk/cotton blend)

‘Transforming Touch’ tells a visual narrative through colour and material that highlights the power of touch and the power of play. Play fosters resilience, hope and joy. It has the power to ease every struggle, sadness, or hardship.

As a textile artist, I connect with the world through touch. Not being able to safely touch my surroundings during this time has highlighted how truly powerful our tactile nature is.

However, though Covid-19 has caused much heartache and pain, it has given people time to reflect on their lives. A common revelation is that the most important thing in life is to actually enjoy living. Life moves so fast, you may forget to slow down and just enjoy how you spend your day.



## MICHELLE RINOW

[www.michellerinow.com](http://www.michellerinow.com) | Instagram: [@michellerinowdesign](https://www.instagram.com/michellerinowdesign)

I am a textile artist focused on creating soft, interactive and kinetic e-textile installations. The pieces are programmed to respond to the user’s touch through sensors. When touched, the pieces playfully illuminate and expand, exposing a vibrant and varied colour palette.

RISING UP - Helen Rolfe



# RISING UP

Acrylic on canvas

At the start of the pandemic we faced many sudden changes. I found it difficult to adjust to lockdown and felt disorientated, alone and numb.

My art-making plays a key role in supporting my mental well-being and in enabling me to express what I'm going through. For the first few weeks, however, I struggled to make art.

Thankfully, in time I started to gain strength. I began connecting with my own inner warrior, a journey reflected in my artwork. By playing the new Lara Croft origin video games, I connected with her courage and resilience as if these were growing in me too. Soon, I could see the lockdown as an opportunity to grow in strength, to arm myself with tools that will increase my resilience in life.

One of those things has been connecting with others through Zoom/Skype. We've been encouraging each other and looking at ways to bring love and hope to our communities.



## HELEN ROLFE

[www.etsy.com/uk/shop/HelensArtsyCreations](https://www.etsy.com/uk/shop/HelensArtsyCreations) | Instagram: [@helensartsycreations](https://www.instagram.com/helensartsycreations)

I'm self-taught and enjoy trying new ways to stretch the bounds of my creativity and skills. I discovered my passion for art in December 2018. Now, art-making has become a key part of my life and mental-wellbeing.

I love using it as a form of expression, and to evoke a response and connection with others.

A REALLY BAD TRIP - Darrell Urban Black



# A REALLY BAD TRIP

Pen and ink drawing

Since the coronavirus pandemic, life has changed dramatically for everyone. We never imagined that life under quarantine would be our new reality.

Before the crisis, I was a big fan of the TV series 'The Walking Dead'. For those unfamiliar with the show, it's about the apocalyptic aftermath of a global pathogen turning people into zombies. There are also a few unaffected survivors, but the world as they once knew it has ceased to exist.

Sitting in the comfort of my living room, I felt very safe thinking something like this could never happen in my lifetime, that this is just a made-up TV series.

Fast forward to the present, the world is living through a global pandemic. It's all so surreal, with everyone wearing protective masks, and toilet paper and hand sanitizer suddenly being more valuable than gold.

This new normal has changed me and my work. I now create images related to the pandemic and to the hopes, dreams and fears of what tomorrow may bring for humanity.



## DARRELL URBAN BLACK

[www.darrell-black.pixels.com](http://www.darrell-black.pixels.com) | Instagram: [@definismart](https://www.instagram.com/definismart)

My name is Darrell Urban Black and I am an American visual artist living in Frankfurt, Germany. I use a variety of artistic media: pen and ink drawings, acrylic on canvas, wood and mixed media objects combined with hot glue. This technique produces a three-dimensional effect that gives the viewer a sensation of realism and presence.



HORIZONS - Sonia Ben Achoura



# HORIZONS

Acrylic on canvas

At the darkest of times, shine your own light.

Spring 2020

A pandemic devastates the world.

An apocalyptic scenario that only science fiction had insinuated.

Human existence is eclipsed while nature is reborn.

Spring never seemed so vibrant, as isolation took over.

From the deepest silence emerged new art.

Images imbued with solitude and despair.

Like seeds of hope to grow a better future

Where man and nature

Walk hand in hand.

Intimations of a wise new world,

The potential to embrace all of life,

Rather than eclipse parts of it.

This painting reveals light from within.

Like a radiant moon in the dark sky

It illuminates itself,

Like a being that sustains its own life.

It seems most alive at night,

At the darkest of times.



## SONIA BEN ACHOURA

[www.soniabenachoura.com](http://www.soniabenachoura.com) | Instagram: [@soniabenachoura](https://www.instagram.com/soniabenachoura)

I am a French artist and psychologist established in London, UK, exploring the mystery of human existence through art and science. My fascination with our uniqueness as a species, in the midst of these uncertain times, manifests in abstract and geometric compositions with a futuristic edge.

QUARANTINED LIGHT #6 - Lewis Andrews



# QUARANTINED LIGHT #6

Photography

My friend less than a mile away can feel the same light and heat from the sun as I.

The Quarantined Light photography series documents those moments in which, even though we all seem separate and isolated from each other, we're still connected to the delicate cycles of nature and the cosmos.

Every day, photons of light strike the earth. After traveling roughly 92,955,934 miles in just over 8 minutes from the surface of the sun, this new light streams into our front gardens and through windows, touching down on our walls, floors, plants and ourselves. We are provided life-giving light and heat to nourish our souls and thoughts during a time of great uncertainty. We're all connected to each other through these beams of light.

Through our dear sun, who remains unbothered by the situation playing out on our planet, we are deeply connected to each other and to nature. This re-establishes a deep bond that everyone can feel all over the world.



## LEWIS ANDREWS

[www.lewisandrewsartwork.com](http://www.lewisandrewsartwork.com) | Instagram: [@lewis\\_andrews\\_art](https://www.instagram.com/@lewis_andrews_art)

I'm a fine artist based in Leeds, UK. My work focuses on themes and ideas within nature and science. I like to explore instances where humans are overshadowed in comparison with vast, overpowering distance, size or quantity.

My work also investigates moments of extreme power and creation.

A WING AND A PRAYER - Teri Purcell



# A WING AND A PRAYER

Digital photography

I am essentially a street photographer, which is something I hadn't fully appreciated before the lockdown. I just thought I was someone who likes to capture moments of life on the streets... yeah I know, I know.

But that was before the lockdown, before feeling caged and inept in my own home; before watching Liam come home from hospital each day with stories of walking through Central London; before seeing him do all the normal things he does, like caring for his new chilli plant, normality amidst the not-so-normal.

Seeing everyone else being productive -- damn banana bread and baking -- I started feeling stripped of creativity, less than.

Then, watching a chilli plant thrive, venturing outside with a camera, capturing these moments again, that feeling finally cracked. I miss being at school with children who carry on and just...be.

We will get there, just a little more broken than before, but with the knowledge that nurtured plants grow, and broken wings mend and fly again.



## TERI PURCELL

[teri-purcell-photos.pixelrights.com](http://teri-purcell-photos.pixelrights.com) | Instagram: [@teri.photos.london](https://www.instagram.com/teri.photos.london)

I am a self-taught photographer based in London. My inspiration comes from the emotions conveyed in a moment of light and incidence. I attempt to capture life as it is in all its banality and wonder, its beauty and plainness, its hope and glory.

TOGETHER FROM A DISTANCE - Sunaina Khandelwal



# TOGETHER FROM A DISTANCE

Digital painting

'Together From A Distance' reflects on the coronavirus pandemic, which is such a big part of our lives at the moment. I used a digital approach when constructing this piece of art to reference how the world itself has now gone entirely digital due to lockdown. This piece looks to interpret the government's ongoing advice about staying indoors, especially during such lovely weather.

This disease is a product of nature. Therefore, in the form of a metaphoric tree, the circular shapes possess viral-like qualities that grow across the painting and towards our community.

Just because we can't see the virus doesn't mean it is not there. Just because the sun is out and the sky is blue, it doesn't mean that reality is a bad dream. Let us stick together from a distance and be each other's hope by protecting one another.

Remember, you're not STUCK at home, you're SAFE at home, like the rest of us.



## SUNAINA KHANDELWAL

[www.sunainakbart.com](http://www.sunainakbart.com) | Instagram: [@sunainaart97](https://www.instagram.com/sunainaart97)

I am a multidisciplinary artist currently pursuing an MA of Fine Art in Painting at UAL (Camberwell College of Art).

My current area of interest focuses on historic cave paintings and how this bridges a cultural connection between the natural and unnatural.





# LEVEL THE PLAYING FIELD

Wool, calico, card

I started this piece before lockdown began, but finished it as we were deep in this weirdness.

For some time, I've been increasingly troubled by the lack of regard for those at the lower end of the socio-economic scale. As the work progressed, coronavirus laid totally bare this widening divide. It has become obvious how poorly the government has treated those in real need for decades.

I have a profound hope that out of this crisis will come a better world -- one where we can provide more stability for those who lack it, and with a fairer division of wealth. A world where we continue to care for each other, like the outpouring of help we've recently witnessed.

The words in this work are from the founding father of sociology, Max Weber, and his theory of social stratification. I used graffiti to mark a voiceless rebellion for those who have no voice.

The needle punch process used in making this piece is also very gratifying. You 'stab' the material many thousands of times, releasing all your personal anxiety and driving your optimism for a new world, post-virus. Art is the most amazing therapy and source of hope in this extraordinary time.



## SALLY SPINKS

[www.sallyspinks.co.uk](http://www.sallyspinks.co.uk) | Instagram: [@sallyspinks.art](https://www.instagram.com/sallyspinks.art)

My work explores the changing nature of class. I work predominately with hand-tufted and knitted textiles to create artworks that question our relationship to the medium and how we perceive our place in the world.

ISOLATION OF THE SELF - Jenny Nash



# ISOLATION OF THE SELF

Photography (phototherapeutic portraiture)

In mid-March 2020, I retreated into isolation after contacting the novel coronavirus.

During this time the cracks in my country started to show, as the UK was put on lockdown. The stockpiling of medication resulted in a 50% rise in demands for repeat prescriptions. People's fear and uncertainty led to shortages.

Because of this, I could not get the medication I take to manage my bipolar disorder, resulting in seven days of intense withdrawal symptoms. The dark shadow emerged, a subversion of self that rendered me unsafe within the world I thought I knew. I began to isolate internally. I depersonalised.

The feelings that washed over me during that time are symbolised in this project as 14 masks, signifying 14 aspects of the isolated self. My period of withdrawal became a lucid dialogue with the faces that are usually held at bay by medication.

Seven of the darker aspects of my self goaded me at night onto the rooftop of my flat and I confronted them with the resilience acquired from my photographic practice.



## JENNY NASH

Instagram: [@SullenRiotPhotography](https://www.instagram.com/SullenRiotPhotography)

The experiential nature of my photographic practice is an essential component in my work. I confront past trauma and present conflicts in self-portrait sessions which enable me to access feelings abandoned to the unconscious. My Solo-Phototherapy is inspired by Rosy Martin and Jo Spence who developed the concept of phototherapy in the 80's.

THE LIBERATED VIRGIN - Kelly Wu



# THE LIBERATED VIRGIN

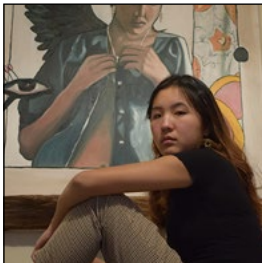
Oil on canvas

This painting represents the resilience that women need to have in order to combat modern society's expectations of them.

The figure in the painting is myself, and the message, a comment on the shaming of sexually liberated young women.

As a young woman myself, I have experienced lots of judgement for the way I present myself to the public eye. Women are judged for being too slutty, too prudish, too promiscuous, too proper. There never seems to be a right answer. This often results in hurtful comments, pain and stigma surrounding young women's sex lives.

The story behind the painting describes a virgin, portrayed as an angel, who has just had sex. This act, which society frowns upon, causes her agony, turning her white wings black. The clock in the bottom right-hand corner stands for the relentless passing of time and the bathroom represents a sanctuary for women post-sex. The endless sky behind the door mirrors the uncertainty of falling after she makes her exit.



## KELLY WU

Instagram: [@mothwu](https://www.instagram.com/mothwu)

I am in my final year of A-Levels, studying Art and Design, and will be attending Central Saint Martins this Autumn. I have just finished this project for my final exam. It is titled 'Sex and The Modern World,' and is the main topic of my current artistic focus. I work in a wide variety of media, including drawing and sculpture, which I use to amplify the messages behind my work.

MEMORY II - Alicia Monedero



# MEMORY II

## Photography

This work was inspired by memory and loss. In it, I try to capture the experiences that we have either lost or never had the opportunity to enjoy.

It examines memory, movement, sensuality and texture inspired by human skin and touch. At the same time, it means to explore the tension between memory and its present physical manifestation affecting desire.

The curves and fluid lines were obtained by taking images of a porcelain sculpture, moulded by hand and fired without using glazes, reflecting the matte surface of the skin, its fragility and vulnerability. The result is an abstract photographic image that comes to represent the constant fading of emotional, physical and tactile memory.

Even when loss has taken place, we have the capacity to recover gradually by focusing on hope, by creating new connections and experiences, that, together with our own memories, will bring us into the future and enrich it.



## ALICIA MONEDERO

[www.aliciamonedero.com](http://www.aliciamonedero.com) | Instagram: [@alicia.monedero](https://www.instagram.com/alicia.monedero)

I am an educator and artist based in London. I am interested in exploring individual and collective memory. In my work, I employ different media and strategies such as sculpture, printmaking and photography to create images that are connected with our own perceptions, emotions and experiences.



PRIVATE POOL - Michelle Owoo



# PRIVATE POOL

Acrylic on canvas with collage

This painting is based on a photograph I took in Pezenas, south of France, last year while on holiday.

When I was having chemotherapy five years ago, I was stuck at home for the whole summer. My world felt like it had shrunk. I made a list of things I wanted to do once all the cancer treatment was over. One was to paint my toenails, another, to go swimming.

Personal space has never been as fiercely contested as it is now; so, in the world of the painting at least, this is a private pool. I can't be there in person, so I have collaged my feet onto the poolside. In line with social distancing guidelines, there is only space for one pair of feet at any one time.

My work often involves an invitation to participate: anyone is welcome to print out an image of their own feet and collage it to the canvas to personalise the experience of gazing into the pool on a hot summer day.



## MICHELLE OWOO

Instagram: [@michelleowoo](https://www.instagram.com/michelleowoo)

My art practice is based at Space Studios in east London, and incorporates painting, collage, and performance, seeking to uncover the magic in the everyday. For the past three months of this lockdown I have been posting a daily image on Instagram, which functions both as a visual journal and online gallery.



# TRUST

## Digital photography

‘Trust the process. Feel the wind in your hair.

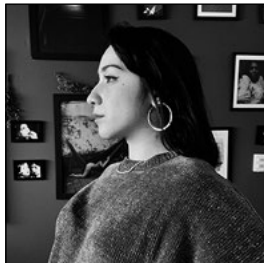
Sometimes we don’t understand why things happen, but everything is connected. Everything has a reason.

Take a deep breath. Look inside your mind and find a safe place. Whenever you need to, return there and remember who you are, what you are here for.

You are special. The things you do are special, too’.

This is the mantra I repeat to myself everyday. One day, when I was struggling with my depression and anxiety, I escaped mentally by picturing an empty road surrounded by trees. A week later, I took a road trip and found that exact place.

This became my safe place. Now, whenever I need to be strong and recharge my energy, I go back there -- physically or mentally.



## LETÍCIA LIMA

[www.leticialimaphotography.com](http://www.leticialimaphotography.com) | Instagram: [@leticialimaph](https://www.instagram.com/leticialimaph)

I’m a Brazillian visual artist.

In my photographs, I draw from my connection with nature and the cycles of life. My work is influenced by film directors, writers and other photographers with a vision for mostly horror and terror scenery.

I use photography as a means to express and process my feelings.

SEEING COLOURS AGAIN - Alexandra Ciufudean



# SEEING COLOURS AGAIN

Film photography

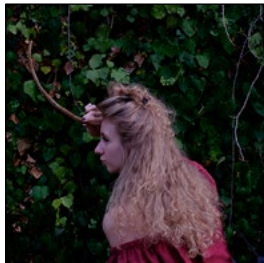
Moving to London was the most reckless thing I've ever done. In July of 2016, I flew across the continent to live with my partner and study for a Master's degree. I thought I could uproot myself, just like that, without even a goodbye party.

Over the following months I sank into the darkest depression of my life. I missed the sights and colours of home, my friends and our old haunts. My new world was cold, humid, grey, and always in a hurry.

I stopped going outside, gripped by wild, irrational fear. I couldn't sleep and sat awake for hours, listening to my partner's deep and steady breathing. Worst of all, I stopped noticing things that used to bring me joy: a juicy colour palette in a fruit bowl or on a stranger's face, an unusual slant of light at sundown, flowers, my favourite music.

My life shrank to the dimensions of the inside of my head.

Then, slowly, over a period of months, it began expanding again. It seemed to take forever. Eventually, I came back into the world, with its loud colours, its smell of spring in the trees, its remarkable light at sundown and my partner buying flowers.



## ALEXANDRA CIUFUDEAN

[www.luna.smugmug.com](http://www.luna.smugmug.com) | Instagram: [@luna.jenesaisquoi](https://www.instagram.com/luna.jenesaisquoi)

I'm a photographer, editor and writer, working primarily with 35mm film. For the past ten years, I've been using the medium to showcase light as the main character in intimate portraits and surreal scenes of home and street life. My work focuses on atmospheric natural light, expressive displays of emotion and saturated colour palettes.

LOST PERSON - James Paddock



# LOST PERSON

Video installation

'Lost person' is about a difficult phase in the life of a man living with schizophrenia. It is a story about isolation and loneliness, influenced by people I have met, stories I have heard and my own experience recovering after a long hospital stay.

Everyone's lives are full of twists and turns. You may find yourself wondering: do the tough times make the joyful ones that much more valuable? Do they result in the creation of a better person?

Some people may always live with mental illness and that is not easy. Personally, it has enlightened me. I have been down and with the insight I received, I carry on, wounded, but with a better understanding of myself and life.

When you are in a place you don't belong, remember it won't be forever. Life is full of mystery and surprises and human beings are adaptable. Wonderful things can happen. Isolation due to mental illness can be defeated. I love comebacks and believe in second chances. Luckily, that happened to me.

So far, '[Lost Person](#)' has been to London, UK, California, USA and Lisbon, Portugal.



## JAMES PADDOCK

[www.jamespaddock.net](http://www.jamespaddock.net) | Instagram: [@jamespaddock100](https://www.instagram.com/jamespaddock100)

I am a British visual artist who searches for contrary evidence beyond current belief systems. I share a unique view of the world using conceptual art, video, installation, manufactured and found objects.

My work discusses frequently overlooked matters with insight and awareness.



THE PARADOX OF IMPOSSIBILITY - Juliana Lauletta



# THE PARADOX OF IMPOSSIBILITY

Light painting photography

Like almost everyone else, my life has been full of difficult moments. I lost both of my grandfathers due to medical malpractice and one of my best friends died young in an accident. My nuclear family has survived serious health issues: severe second-degree burns, multiple cancers and even a brain tumor. I've declared bankruptcy more than once and started over three times in three different countries, all while fighting a lifelong battle with depression. Looking back, I realise how resilient my family and I are. We managed to recover even when that seemed impossible.

This image represents the paradox of impossibility. Its shape is called a 'Penrose Triangle', an optical illusion that cannot be physically recreated. It can only be achieved by viewing a completely different object from a very specific angle which gives the impression of an endless twisted triangle.

The effect reminds me of how our own perception is limited. In order to overcome what seems impossible, we have to keep looking for that singular angle, where things align. That can change the way we see everything and therefore, change our reality.

By the way, this photograph consists of one single, un-Photoshopped frame. Impossible? [Click here.](#)



## JULIANA LAULETTA

[www.juliana.pictures](http://www.juliana.pictures) | Instagram: [@julauletta](https://www.instagram.com/julauletta)

My mission is to inspire people to explore and rekindle their creativity. I am a multimedia artist creating vibrant, joyful and inventive pictures that aim to blur the line between reality and imagination. My works look like digital paintings but they are 100% photographs created using light painting techniques and installations.

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